Nation

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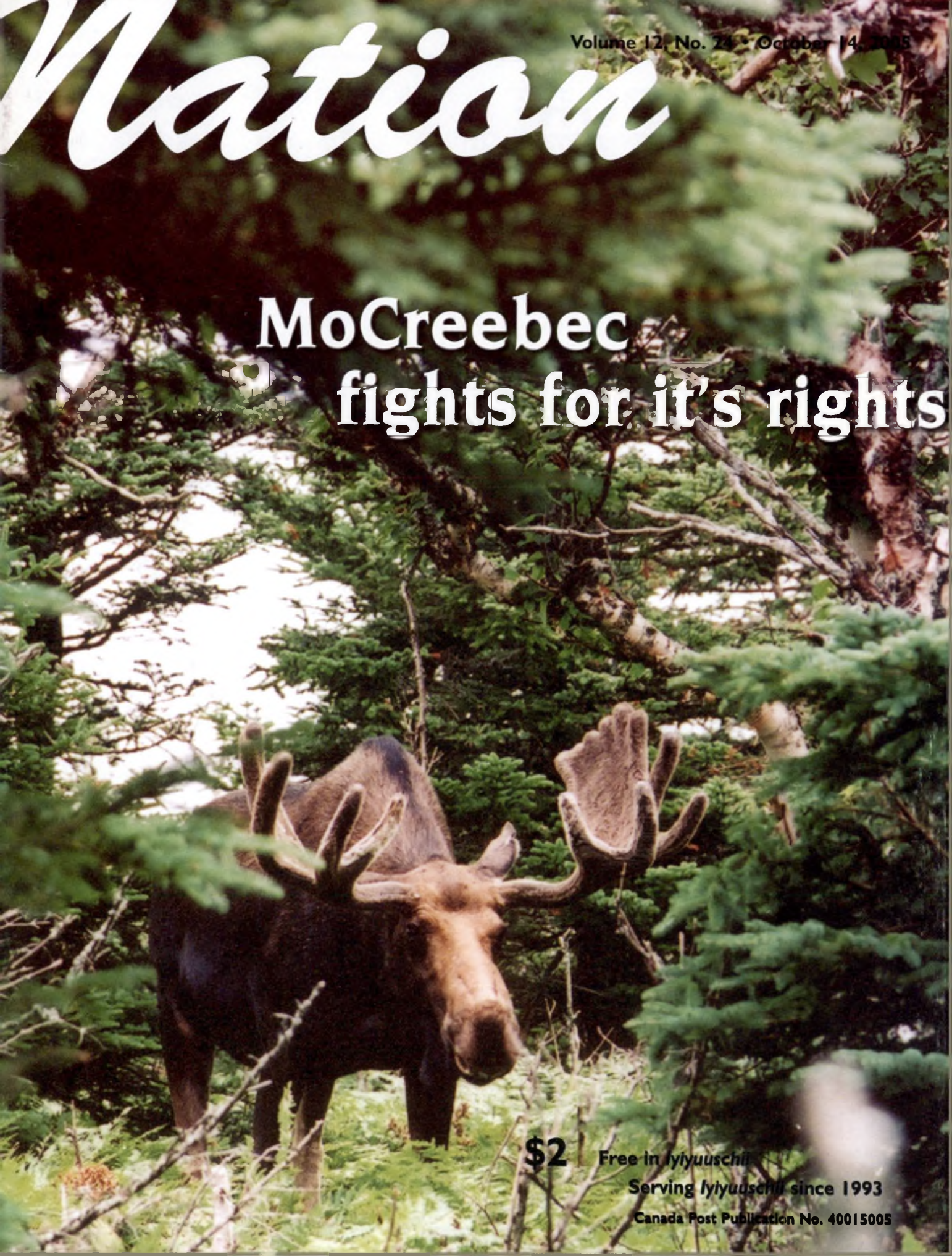

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editorial

Nemaska loses a fighter

By Steve Bonspiel

I lost a friend the other day, a friend that everyone in Eeyou Istchee should know about.

Maggie Minister was a loveable lady from Nemaska who underwent a bilateral lung transplant in Montreal last March, and sadly, passed away on October 2.

I was shocked when I heard the news, and as sometimes is the case as a journalist, very sad.

I came to know Maggie when a call came in last year from someone who wanted her story to be told.

When I caught up with her, she was on the waiting list for a new set of lungs and had been living with pulmonary fibrosis for five years.

Her spunk and zest for life was impressive. She was living day-by-day yet she was far more cheerful than I would have been in the same situation.

After a successful operation late last winter, her sister gave me a call to give me the good news.

"I'm feeling pretty good right now," Nellie Coonishish said at the time. "I'm glad for her that the surgery is done.

"Yesterday (March 7) she spoke to me for the first time. She was able to speak in short sentences and it was the first time she spoke without effort. I told her to relax and stay calm because I didn't want her to use much energy."

The family still wasn't out of the woods yet. A critical "24-hour period" to see if her body rejected the new lungs went smoothly, but not long after, the real problems started.

Everyday living was difficult and Maggie had to carefully watch how she dressed for fear of catching a cold that might turn out to be fatal. A bout of pneumonia, caught during the Old Nemaska Days did in fact prove to be too much for her to overcome.

Despite it all, her spirits were high. We talked on the phone from time to time and I mentioned to her that if she needed anything she should call. She never did. That was the kind of person she was.

Except, of course, on one of the most important days for her and for everyone. The Grand Council elections were heating up and she was scheduled to fly back to Nemaska from Montreal. She called frantically and asked if I could bring a copy of whichever Nation had election coverage in it. She needed to make an important decision and wanted to know more about the candidates.

"I can bring it Wednesday," I said.

"That's too late," she said, "I need it now because I'm leaving to go home."

So I got in my car and drove over to see her. Her appearance was very different from the last time I had seen her. She looked like she had lost quite a bit of weight, especially in her face. Her voice, because of her new pair of lungs, sounded different as well.

"Thank you very much," she told me after I handed her the copies of the Nation.

"If you need anything, feel free to call us," I told her.

"I'll be okay, and thank you for bringing the magazine down here."

I told her to take care and I left. That was the last time I saw her.

Maggie Minister was buried on October 6th in Nemaska at the age of 49.

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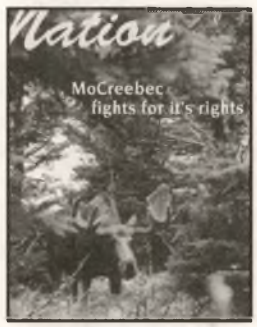

on the cover

Photo: Danielle Valade

Design: R. Ibghy

Theories that might work

I used to think that Einstein's theory of relativity was something God would think of. Einstein's most famous theory, the one about relativity and energy, makes me think of other spin-off theories. Time travel is limited by memory and history and can only go as far back as recorded history. Today, unravelling the past seems to indicate worlds that are totally different from what we used to think earth was, a Jurassic park filled with giant creatures eating anything in their path. Recently, a past that is very, very interesting has come to light.

Sometimes, time and relativity coincide and collide into unseen but strategic actions, forever changing the possible outcome, either immediately or in the far distant future. I, for one, can imagine a world with little people and giants, living alongside each other, either in peace or at war. At one time, this world was the home to a variety of humans, some large, some dark, some small. All had one thing in common, luck. Luck made the volcano spew out hundreds of feet thick ashes onto an ancient, but small continent between Africa and Australia, a long, long time ago. Although I would like to credit my imagination to this theory, the land of the little people and giants actually existed.

This little continent was home to extremely small people who evolved to survive in the most compact form, low on heat, easy to feed, and most of all, small enough to populate and thrive into a sophisticated society that hunted the miniature elephants, which after eons and eons, evolved to the size of a horse. This may seem extraordinary, but science has proven this through archaeological digs and years of research.

The same for the giant human, who theoretically couldn't survive due to immense heat loss and died off, most likely from exposure to the elements, now changed and cooled down from the clouds of ash that surrounded the entire planet. We regular humans almost didn't make it. It was down to a few thousand souls, who quickly died off leaving even fewer to carry on the genes of Homo sapiens. Only the quick of mind made it through this extreme catastrophe and millions of years later, became modern man, who to this day, is continuing to dominate earth through creative thinking processes learned from that massive incident so long ago.

Back to Einstein, all this time passed in a galactic blink of the eye, making our lives in this universe intensely miniscule, yet time for us lasts for years and years, making his theory of relativity all the more plausible. If we are to apply that theory to what we are accomplishing as a nation, it could be compared to the Big Bang theory: first nothing, then light and mass, creating universes, stars and planets. Except in our case, the universe is an agreement that sheds light on us and tells us to create. The stars are those people who see this and carry out the big plan. The planets are our homes, where we live in relative comfort. The problem is how fast we are expanding in our universe; will we create more space between us by speeding out to the unknown? Or will we mass together and create a large planet the way we want it?

Just as the giants and little people, who had their misfortune, we are ones with luck on our side. Isn't it just so lucky that a rare newspaper from the 1970s made it from the distant south to a northern community and read by the right person to move all Cree communities together to form a formidable entity called the Grand Council of the Crees of Quebec? The littleness of that newspaper article bumping into us just enough to swerve our people to where we are today just astounds me.

Whatever the theory, one will always prevail: all theories are just theories.

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Canada

The Washaw Sibi struggle continues...

By Steve Bonspiel

Washaw Sibi met with Members of Parliament and the new Grand Chief recently to clarify their issues and demands and push for a solid separate identity.

"We want to resolve our long standing issues, and it's certainly been a long time coming," said Washaw Sibi councillor Kenneth Weistche.

He and his wife and fellow councillor Annie Trapper-Weistche met with 5 MPs on October 3rd to fill them in on their plight.

"They didn't even know we were here," said Weistche. "They thought the Pikogan reserve was Algonquin and that was it. We've been telling them otherwise," said Weistche of the meetings they've been having with various MPs and other politicians over the last two years.

"We called Benoit Pelletier (the former Provincial Indian Affairs Minister) last summer and he hasn't gotten back to us on what they plan to do to help our people," fumed Weistche. "We want both governments to know that we have always been here and are not going anywhere so they should deal with us now."

In attendance were MPs Serge Menard, Yvon Levesque, Marc Lemay and Bernard Cleary.

Both sides were looking to create an amicable dialogue and come up with a plan that they would then present to federal Indian Affairs Minister Andy Scott.

Cleary, for his part, is willing to facilitate the 'Treaty of Friendship' between Pikogan and Washaw Sibi.

"We're proposing a treaty of friendship to recognize each other's traplines and work together on things like social issues," said Weistche. "There will also be a list of who belongs to the Algonquin Nation and who belongs to the Cree Nation, instead of lumping us all together under one Nation."

"The Cree people have been under the authority of the Algonquins, which is not right, so we want to create two separate lists," he said.

In the 60's, the Washaw Sibi were kicked around by both Ottawa and Quebec and forced to live with the Algonquins, something which has created deep scars within many of the 400 members.

Two years ago the Grand Council recognized the Washaw Sibi community as the tenth Cree community. Even though that helped their situation a bit, it's been an uphill struggle since.

The MPs were receptive to the needs of the Washaw Sibi people, but Weistche fears it will take a little more than just demonstrating their plight and asking for help.

"We are going to be launching a lawsuit in the next few months to get compensation for our forced relocation." Their hope is to get some sort of financial compensation from Ottawa and Quebec for being located within an Algonquin reserve and not their own Cree community.

He said that an amount has not been discussed as of yet, but he's confident that they will come to the Washaw Sibi people with an offer rather than drag it out in the courts.

Weistche also talked about the new community at an old campground near Matagami. "People are winterizing their cabins and they want to stay there permanently," he said. "We're hoping that a sewage and water system will be in place in the next little while."

"We updated the new Grand Chief of our position and where we're at at this point in time," Weistche said of their meeting on September 30th with newly elected Grand Chief Matthew Mukash. "He was very receptive to our needs and we made sure he knew where we stood."

"Our struggle continues and the longer we wait for the government to do something, the harder it's going to be."

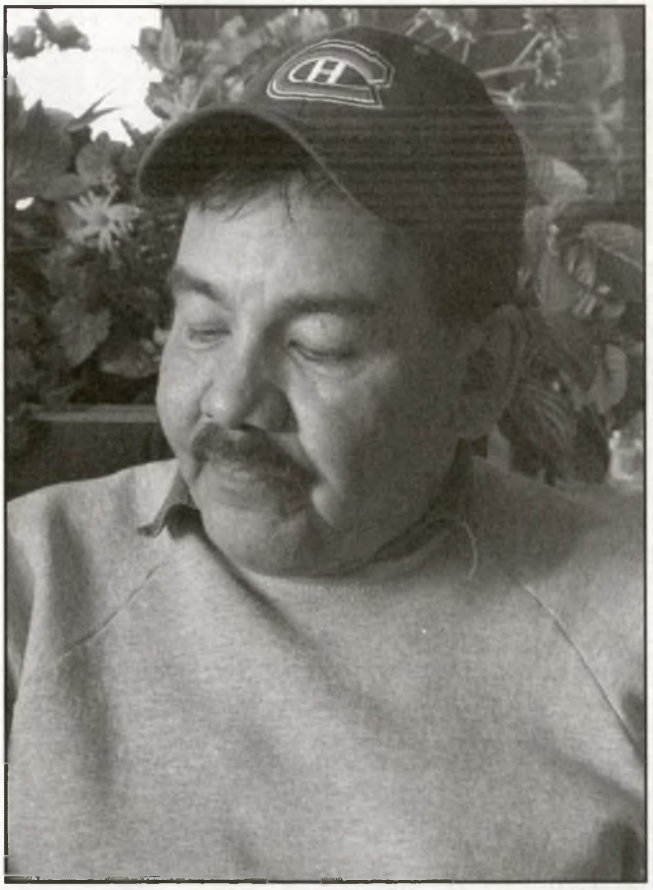

photo by Steve Bonspiel

Kenneth Weistche

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Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of ***the Nation*** will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Lovely Linguini with Red Pepper Sauce

1 tsp	**olive oil**	**5ml**
1 1/2 cups	**chopped sweet red pepper**	**375ml**
1	**clove of garlic, crushed**	
2 tbsp	**chopped basil**	**30ml**
2 tbsp	**balsamic vinegar**	**30ml**
1/8 tsp	**salt**	**0.5ml**
1/8 tsp	**black pepper**	**0.5ml**
6 ounces	**linguini, uncooked**	**180g**
	cooking spray	
	low-fat parmesan cheese (optional)	

Directions

1. Coat a non-stick skillet with cooking spray; then add the olive oil. Place the skillet over medium heat until hot. Add the sweet red pepper and the garlic and cook uncovered for 30 minutes, stirring occasionally. Remove from heat and set aside, let cool slightly.
2. Place the pepper mixture in the container of an electric blender or food processor, then add the chopped basil, balsamic vinegar, salt and black pepper. Replace the cover and then process until the mixture is completely smooth, making sure to stop once to scrape down the sides of the container.
3. Cook the linguini according to the directions on the package, making sure to leave out the salt and fat.
4. Finish by topping pasta with the pepper sauce and sprinkle optional parmesan cheese to taste. Best served immediately. Makes six half-cup servings.

NUTRITIONAL ANALYSIS PER SERVING (ONE HALF-CUP):

Calories: 117
Fat: 1.5g
Saturated fat: 0.2g
Protein: 3.7g
Carbohydrates: 22.2g
Fibre: 1.7g
Sodium: 51mg.

Northern

Deer killed near Ouje-Bougoumou

The species is rarely seen that far north

By Mark Bosum

It began with a Moose and Bear Hunting Contest in Ouje-Bougoumou in early September. I was really looking forward to the moose hunt. I went with my uncle Dave and his family to their hunting territory at Waposite Lake.

When we arrived, the camp was all we could have imagined: nice log cabins with wooden floors and propane heaters.

On September 3, I asked my uncle for his boat, so I could go out on the lake alone. The sunny morning quickly turned warm and windy. I kept checking different locations and calling without much success. Then to my surprise, on a tiny island, was a deer. I couldn't believe what I was seeing until I saw its tail go up. Right there, I knew it was a white tail deer.

I wondered why she would be all alone on this tiny island. I'm sure she didn't have anywhere else to go. So, I picked up my 303 Brutish rifle and aimed. Then I pulled the trigger.

After the kill, I remembered the Moose and Bear Hunt that was being organized in Ouje-Bougoumou. The regulations said nothing about a deer.

So I went to the Cultural Coordinator, James Wapachee, and registered for the deer. His was surprised to hear of a deer being killed in Northern Cree territory.

When I arrived in Ouje-Bougoumou, I skinned the animal, cut it into pieces, and had people in the community taste the meat. When the day finally ended, the whole deer was already gone.

Someone told me the Crees of Ouje-Bougoumou were not aware of these animals being released, nor did anyone inform the hunters. Varley Shecapio Blacksmith of the Cree Trappers Association said that the game warden knew nothing about the animals being released in the region.

So who knows how they got there. I guess we will never know.

in brief

Election results in Eastmain, Wemindji and Waskaganish

Wemindji casts their vote for a new chief

Wemindji elected a new Chief while the old one ended up being chosen as one of the new councillors.

Reggie Mark, the incumbent, chose this time around to run for councillor instead of head cheese. The result was that Rodney Mark was elected as new Chief over Tony Gull by a 287-169 tally in the September 30th election.

The position of Deputy Chief went to Arden Visitor, according to Returning Officer Christina Gilpin.

Other councillors nominated were Nancy Danyluk, Hugo Georgekish, John Mark, and Deborah Hawken and the aforementioned Reggie Mark.

Final numbers were not available for these positions.

Waskaganish election results

Band Office: (Deputy Chief and 4 Councilors)
Deputy Chief: Steve (Christopher) Diamond by Acclamation
Councilors:
Billy Diamond
Ruth Sak
Simeon Trapper
Tim (Jimmy) Whiskeychan

CRA/ Council Board Representative: Billy Diamond

B.O.C. Representatives:
Kathy Black, one-year term
Raymond Blackned, two-year term

Next elections for chief and five councilors: 2007

Mayappo is new Eastmain Chief

In a rather close vote, Lloyd Mayappo edged incumbent Edward Gilpin by a 123-113 score to take over the reins as Chief of the Cree Nation of Eastmain.

The results were announced and certified by Returning Officer Gregory Mayappo September 23.

Dorothy Gilpin was a distant third with 33 votes.

The position of Deputy Chief went to John Brown, who edged Norman Cheezo 159 votes to 67. Rita Gilpin held up the rear with 45 votes.

Daniel Mark-Stewart, Stanley Gilpin and Johnny Tomatuk beat out six other candidates for the three available positions as band councillors.

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- Mécanique automobile (DEP) à Wemindji

Les formations actuellement offertes en 2004-2005
- Mécanique industrielle de construction et d'entretien (DEP) à Chibougamau
- Mécanique automobile (DEP) à Chibougamau

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- Automobile mechanics (DEP) in Wemindji

The trainings actually offered in 2004-2005
- Industrial construction and maintenance mechanics (DEP) in Chibougamau
- Automobile mechanics (DEP) in Chibougamau

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PM calls Aboriginal woman to Senate

Prime Minister Paul Martin has appointed a Maliseet woman from Tobique First Nation in New Brunswick to the Senate.

Sandra Lovelace Nicholas, who has been a driving force in securing rights for Aboriginal women, was named a Senator September 21.

She was instrumental in overturning sexist provisions of the Indian Act that saw Aboriginal women lose their rights as Natives if they married a non-native.

She helped bring the case before the United Nations Human Rights Commission and lobbied for the 1985 legislation that reinstated the rights lost by Aboriginal women and children in Canada.

In 1990 she was awarded the Order of Canada and in 1992 she received the Governor General's Award.

Nicholas will be sitting in the Senate as a member of the Liberal Party of Canada.

Grand council to Forestry companies: hands off our burnt wood

Grand council: hands off burnt timber

The Cree message is loud and clear; forest companies can harvest our wood, but they should be patient and have the proper permits – and above all respect the tallyman.

The Grand Council of the Crees delivered the message to clarify their position on burnt wood in Eeyou Istchee and how that timber should be harvested.

The statement comes in response to a press release Sept. 27 from the Coalition for the Survival of Chibougamau and Chapais. In it, the pro-forest industry group claimed that no permits had been granted to salvage burnt wood in Eeyou Istchee.

Not so, says the Grand Council. The Minister of Natural Resources and Wildlife in fact, granted two permits to do just that.

This summer's numerous forest fires across Eeyou Istchee has caused forestry companies to apply for more temporary permits to get their hands on the damaged trees.

The Adapted Forestry Regime signed under the Paix des Braves allows for protection for Eeyou traplines.

"We have a duty to our tallymen and trappers to ensure that their traplines are protected even during these salvage operations," said Grand Chief-elect Matthew Mukash in the press release.

"The forestry companies must realize the Cree Hunters do not view forest fires as simply lost economic opportunities. They often view these fires as an opportunity for habitat restoration. The last thing they want to see is expansive salvage clear-cuts," he concluded.

In total, the Cree and their MNWR counterparts recommended to the minister to allow over 700,000 cubic metres of burnt wood to be harvested in the next seven months, according to the Grand Council's press release. In the coming weeks, the Crees and MNRW will review and assess plans for a further five fires that will most likely result in similar amounts of burnt wood to be recovered

The Nation

Cover date on magazine	Volume & Issue No.	Deadline to receive ad material
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October 28	12-25	October 14
November 11	12-26	October 28
November 25	13-01	November 11
December 9	13-02	November 25
December 23	13-03	December 9
January 6	13-04	December 23
January 20	13-05	January 6
February 3	13-06	January 20

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feature

THE PEOPLE OF MOCREEBEC SPEAK OUT

Much has been said about the "outsiders," now it's their turn to talk

by Steve Bonspiel photos by Stan Kapeshit

Chief Randy Kapashesit

The people of MoCreebec have been called outsiders, left out of numerous elections for their own Grand Chief for years and kicked around by Ottawa and Quebec. Now they want everyone in Eeyou Istchee to know how they feel about it all.

Their bloodlines run through the communities of Wemindji, Waskaganish and Eastmain. And Nemaska, Chisasibi and Waswanipi.

MoCreebec Grand Chief Randy Kapashesit is still fuming about the last election three years ago when there was no ballot box in his community for Eeyouch to vote.

"Initially the Chief Electoral Officer wanted to limit the number of voters here," he said. "Our first battle was trying to make sure we were treated equally. In other words all beneficiaries should be allowed to vote here as opposed to limiting it to MoCreebec members only."

It was nice to be able to vote, but they didn't get there without a fight.

In May of 2004, the MoCreebec Council of the Cree backed a court case by 13 of its members seeking more support for health, education and social services from both levels of government and the Grand Council of the Crees.

The case attacks section 3.2.7 of the James Bay and Northern Quebec Agreement, which states in part:

"In the event a person...is absent from the territory during ten consecutive years and is domiciled outside the territory, such person shall not be entitled to exercise his rights or receive benefits under the Agreement."

"The fact of the matter is that Canada, Quebec and the Grand Council knew they were in a court proceeding and to ignore a voting station here wouldn't have been a wise thing to do," said Kapashesit.

"I would presume that if we didn't launch any legal challenge that we'd be on the outside looking in again this election," he said.

Kapashesit said the legal challenge was a way to draw attention to the fact that there are people living there who have rights and unresolved issues.

"For too long now we've been left out of the loop," said the Chief. "Because of our experience last time around, the rules of the election became the most important topic even before we could think about who the candidates were."

In an article that appeared in *the Nation* three years ago, Grand Council Executive Director Bill Namagoose complained that the MoCreebec people should have been diligent enough to make sure they were able to vote.

I HAVE FAMILY IN THE COMMUNITIES AND BLOOD RUNS THICKER THAN ANYTHING ELSE

"Voters have an obligation to be proactive," Namagoose said. "They should have notified us when the election notices were posted."

Kapashesit did just that. He told *the Nation* that he sent a letter to John Paul Murdoch in July, requesting details about many things, including specific rules on the elections. He never received a response.

"We also raised the question with the Chief Electoral Officer but we never got any response as well. You would think that a

person who's a beneficiary requesting information would get a timely response and the details they were hoping to receive."

The Chief of MoCreebec also said he was disappointed that only two (Mukash and Paul Gull) of the four candidates running for Grand Chief in the first round of elections bothered to visit them.

"The candidates that came showed respect to the voters here," he said. "That scored points for both candidates."

"It was a good feeling to finally be able to vote for the first time in many years," said Allan Jolly, one of the MoCreebec councilors.

Jolly is one of many people in Moose Factory/Moosonee who feel that a changing of the guard is a good thing. The lack of support from the Grand Council under Ted Moses' leadership led some of the MoCreebec people to become disillusioned.

"We think a new Grand Chief is for the better for MoCreebec at this point in time," he said. "It hopefully opens the door to begin a dialogue between the Grand Council and MoCreebec. We're optimistic that the new leadership will pave the way for that to happen, it's been a long time coming."

Many people of MoCreebec status starting migrating or moving away from the territory of their ancestors before the James Bay and Northern Quebec Agreement was signed. Once it came time to sign it, Jolly said, they were basically left out in the cold and neither the Canadian nor the provincial governments of Ontario or Quebec wanted to take responsibility for their education, health and social well being.

"We are in the same boat as the people of Washaw Sibi, but they at least have observer status within the Grand Council. We don't," said Jolly.

Jolly says even though they are technically out of the territorial limits of Eeyou Istchee, they are still connected to it spiritually.

"We always felt that we were part of the Cree Nation, more so than anything else. Rather than being native Canadians or Canadian Natives, we made up our minds way back when that we're very much a part of the Cree Nation," said Jolly, whose family originates from Waskaganish, Waswanipi and Nemaska.

The Corbiere decision in 1999 stated that off-reserve Natives had the right to vote and should be afforded the opportunity. Having that voice heard and being able to cast their vote in their own community has, until now, eluded them however.

"We were Cree and there were no real questions about it," said Jolly. "It's only later on in years, in the mid 1970s, based on the kind of treatment we were getting by both levels of government, neither of which wanted to take responsibility for our needs as a people did we start to feel alienated. It was only then that we started asking ourselves where do we really belong?

"We had social needs such as housing and health needs, but we kept running into road blocks."

Jolly stressed that his people have been kicked around quite a bit over the years.

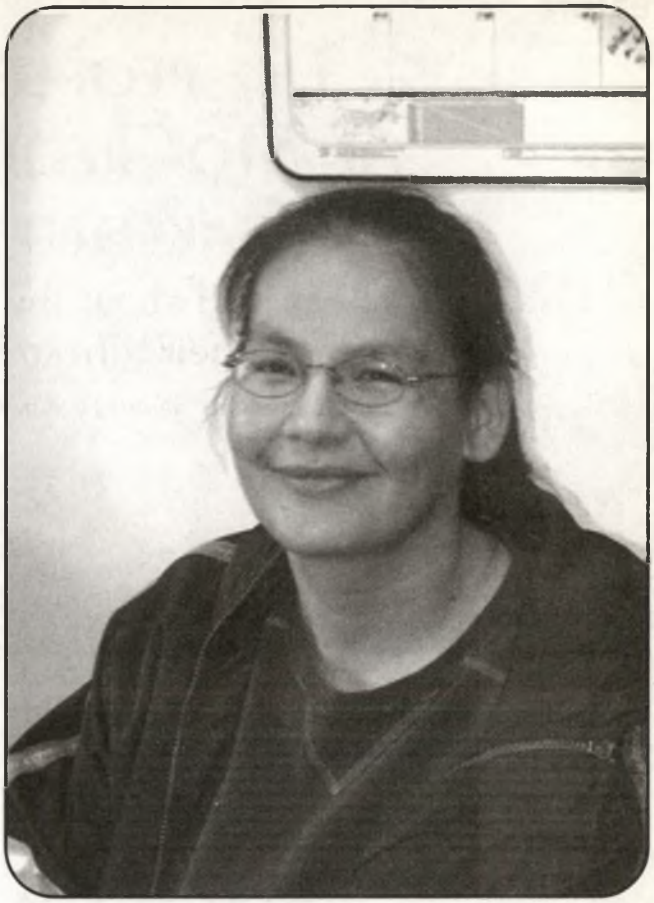

Photo by Stan Kapashesit

Linda Carey, MoCreebec Assistant Economic Development Officer

"We were status Indians under the Indian Act, but we were left out of the JBNQA process," he fumed. "We didn't know very much about that final agreement, even though it affected us and we were written into it.

"Our people were in an identity crisis. In one sense even the local First Nation here was making things hard for us because they perceived us as outsiders. I think because of this, our people started to think very hard about where they fit in."

But now that Matthew Mukash has been elected, the MoCreebec people have a different outlook on things.

"I certainly liked his approach where he said he's a leader that's going to listen," said Jolly. "We've had the same guys in there (the Grand Council) that have been there for a long time and I think they got used to doing things a certain way. Sometimes without knowing it we get stuck in a certain rut, I'm the same way."

MoCreebec councilor Grace Delaney is also happy Mukash is the new Grand Chief. "I'm much more hopeful and confident that we will have our issues addressed. If you're a leader of a Nation I think you should try to see all your people and I think that's what he did."

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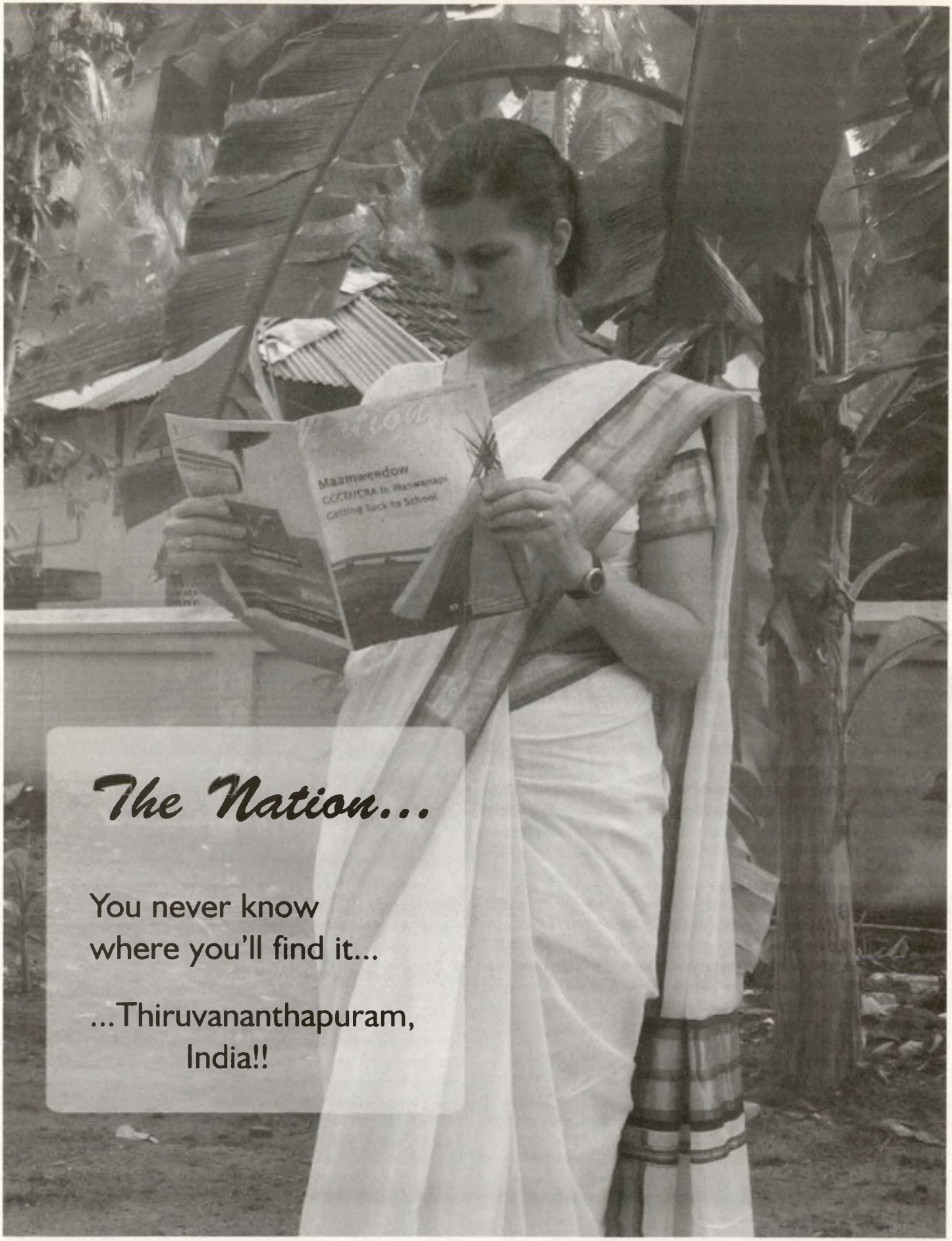

The Nation...

You never know
where you'll find it...

...Thiruvananthapuram,
India!!

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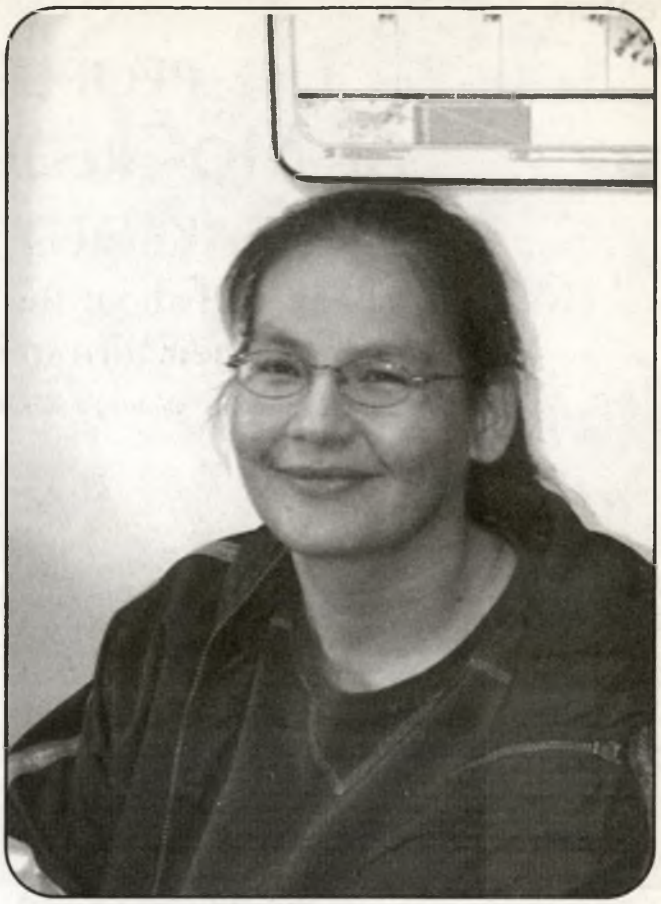

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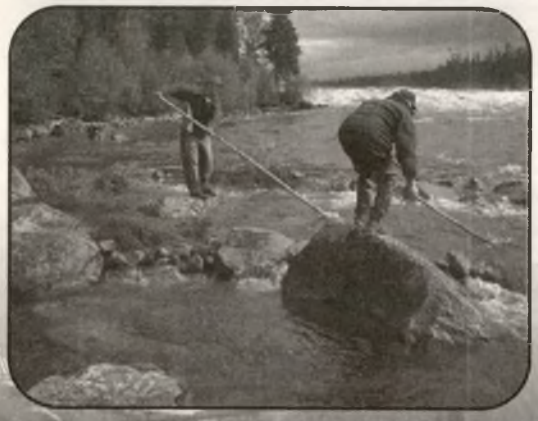
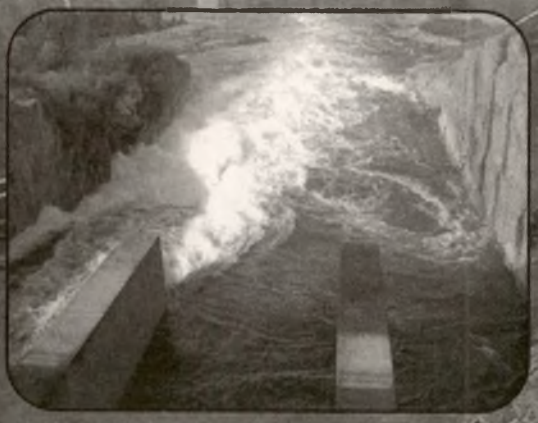
Federal Environmental Review Board Visits EM1

by Will Nichols Photos courtesy Federal Environmental Review Board





The Canadian Environmental Assessment Agency, a federal review panel, with two Cree representatives on the panel visited the area of study of the Eastmain-1-A and Rupert diversion project on September 26 through 29.

The federal review panel for the Eastmain-1-A and Rupert diversion project is an independent body responsible for assessing the environmental effects of the project, at the request of the Minister for the Environment.

Later the panel will file a videotape summarizing its visit in the public registry.

This visit was planned on July 18 through 22, but had to be cancelled due to an intense forest fire.

Additional information on this project is available on the Canadian Environmental Assessment Agency's Internet site www.ceaa.gc.ca and on the site of the Office of Public Information at www.bip-pio.qc.ca.

All those interested in the Rupert River are encouraged to check this site out. It is where the Nation gets a lot of information.

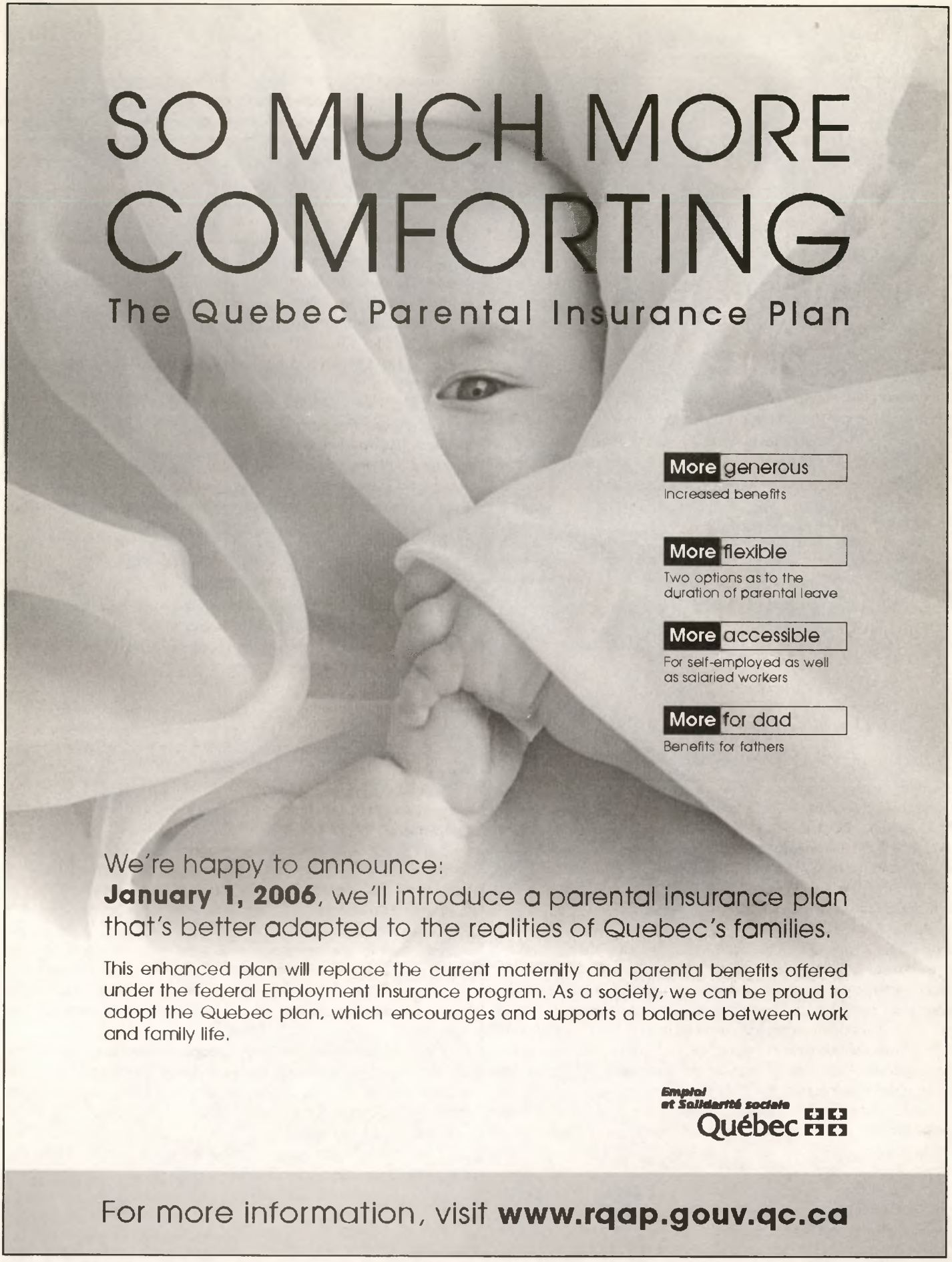

SO MUCH MORE COMFORTING
The Quebec Parental Insurance Plan
More generous
Increased benefits
More flexible
Two options as to the duration of parental leave
More accessible
For self-employed as well as salaried workers
More for dad
Benefits for fathers
We're happy to announce:
January 1, 2006, we'll introduce a parental insurance plan that's better adapted to the realities of Quebec's families.
This enhanced plan will replace the current maternity and parental benefits offered under the federal Employment Insurance program. As a society, we can be proud to adopt the Quebec plan, which encourages and supports a balance between work and family life.
Emploi et Solidarité sociale
Québec
For more information, visit www.rqap.gouv.qc.ca

Photo courtesy, Dorothy Wynne

Braeden Aullette/Wynne

The future generation

I am enclosing a picture of my great grandson, Braeden Aullette/Wynne. He was seven months old when the picture was taken in July 2005.

I sincerely believe that Hydro-Quebec building dams on the northern rivers will devastate the water system.

This picture clearly shows what the future generations can be left with. Is this the legacy we want for our great grandchildren?

P.S. My roots are from the Weistche family in Waskaganish

Meegwetch,
Dorothy Wynne, *Kapuskasing*

Crees in social crisis despite new wealth

Wachiya. I am spellbound by the crisis issues emerging throughout the Cree Nation. Grassroots people are smitten with grief and our resources are reluctant to provide the proper services.

As a grassroots person with concerns to our social issues and speaking from a grassroots perspective, I would like to express myself to leadership. I would first like to say that it is always difficult to talk about things in a constructive manner because of that it will be taken the wrong way. It is not my intention to sound negative or lay blame. Perhaps if you are open-minded my words won't sound negative. Sometimes constructive criticism can create something positive.

I would like our leaders to take a step into reality and see our world behind our eyes. Our social issues in our communities are overwhelming and grassroots people are full of stresses. We don't seem to do enough to tackle our social issues. There is an enormous need for our leaders to communicate with their people. It appears that leadership wants to help but they are doing it in a manner where they are detached and uninvolved with grassroots people. From the grassroots point of view, people are not being given the freedom to voice themselves. Our road ahead is ill-defined when we have that communication gap. It's virtually impossible to create a vision without the consultation of grassroots people. A lot can be accomplished if we start working together.

We've created immaculate exteriors, now we need to go into our communities and deal with other important matters.

It is difficult to write a story such as this one, but I am deeply honored that my friend Helen had the courage and strength to share with me her saddening experience when she moved to the city. This in-depth story will take us to place of grief that my friend endured while living in Montreal.

It will be four years that Helen moved to Montreal. Before she moved to the city, Helen came from the community, to find something that would help her better herself as a person.

Helen moved to the city with her son Charlie. The city life was difficult for them, as they were newcomers to the city. But because of the many urban natives that live in the city, it was not difficult for them to find friends. So they soon found themselves adapting to the city. But it was not easy for them. Charlie was struggling and found himself in the midst of the street life. At a time in his life, Charlie found himself without a home, while at the same time Helen had her own struggles of not having a permanent home.

On October 27, 2004, nothing could prepare Helen for the news she would receive. "All day I felt funny, I felt some kind of sadness, like my life was going to change," Helen said. Helen received a phone call from the police. They told her that her son was found stabbed on the street. You can only imagine the distress she felt after hearing this tragedy. Helen was asked to come and identify her son's body. "It was him," she said. "I was standing behind a glass window, I wanted so much to hold him, to hug him, but I was not allowed to."

As Helen tells me her story, she stops to cry, with her grief of the death of her son, she also feels an enormous amount of guilt and shame. Today Helen finds solace being around her friends, they help her deal with her grief. Her friends are her survival for now until she regains her stamina. Helen now lives in Montreal permanently.

Because of the many social problems we face in our communities our problems stem from our issues in our own lives, reality tells us our communities are not equipped to provide help to our people. We are abundantly rich in resources, we have the tools and necessities of creating healthier communities but at the present moment our resources are idle because we do very little to engage in "A PEOPLES VISION."

Everything that is happening around us, all our social problems, e.g., suicides, alcoholism, addictions, violence, etc.... are all indications that we need to start moving. "Our Leaders Need to Come To The People."

Enough research, we can no longer bear being guinea pigs, outside people are constantly researching us, all the extensive research that has been done on us show no results. Like what is happening with the suicides we face in our communities, how many suicides are enough to say that we have a crisis on our hands?

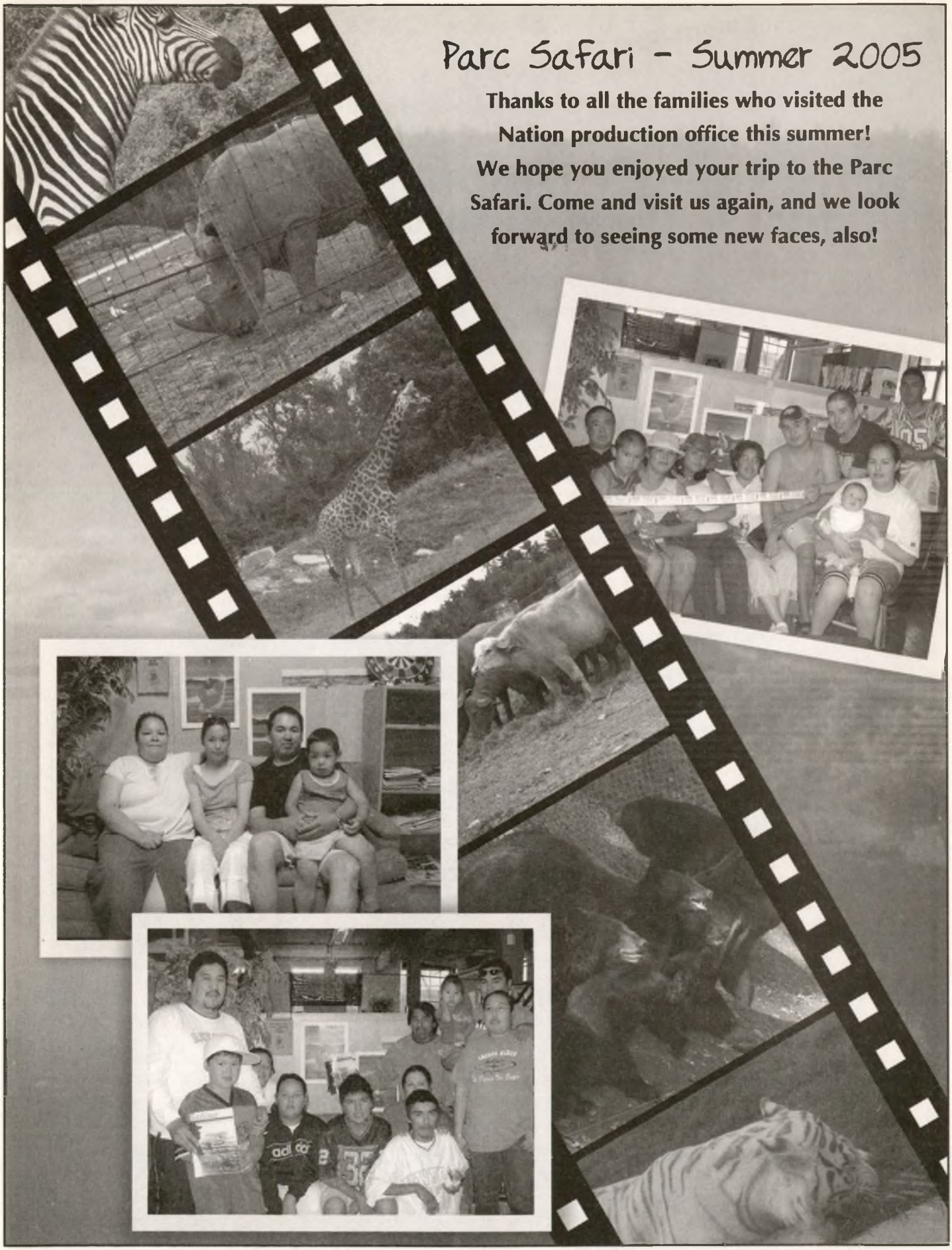
Nobody likes to be unhappy, if people could change their lives for the better, they would. Yes, everybody has choices to make in their own lives, but as leaders also you have a mandate to make things better for your people and your communities and the Nation as a whole.

This article is dedicated to the loving memory of Charlie Ekomiak.

Meeqwetch,
Marilyn Bearskin

Parc Safari - Summer 2005

Thanks to all the families who visited the Nation production office this summer! We hope you enjoyed your trip to the Parc Safari. Come and visit us again, and we look forward to seeing some new faces, also!



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The Cree Board of Health & Social Services of James Bay

The Flu Season Will Come Again: Please Protect Yourself And Those Around You

TRUE OR FALSE

1- People can die of the flu.

True. People can die of the flu. Elderly persons and persons with chronic illnesses die every year from flu complications.

Vulnerable people may be very sick, and lose many days and weeks of their winter, staying at home, weak and coughing. Some need to be hospitalized and may die from its complications - pneumonia for example.

Elders and very young children are the most vulnerable. But people affected by some other diseases, such as diabetes, asthma, heart problems or any other sickness, are vulnerable too.

2- I'm never sick- I don't need a flu shot

False. The flu is contagious. You can catch it as easily as anyone else, and give it to someone else, even if you are not very sick yourself.

3- I can prevent the flu.

True. By having a shot every fall, you can avoid catching the flu. You should have your shot as soon as possible at the beginning of November.

4- Flu shots protect against colds, too.

False. The flu and the common cold are two different things. Flu shots are effective against the flu, but do not protect against colds or other respiratory infections.

Flu is much more severe than a cold. Influenza causes fever, coughing, fatigue, muscle pains, and general discomfort. Possible complications of influenza include: ear infections, sinus infections, bronchitis, pneumonia, and death.

5- I can get the flu from a flu shot.

False. Flu shots can't cause the flu, because they contain a dead form of the virus. They can give some side effects because you are developing some antibodies against the virus, but they will disappear in a few hours or days. Flu is much more dangerous than the shot!!

6- Flu shots are available only to the elderly.

False. Anyone can catch the flu and anyone can be vaccinated against it.

7- A flu shot will immunize me for several years.

False. The composition of the shot is revised every year and protection is guaranteed only for the current year.

The flu virus changes regularly, so it is necessary to adapt the vaccine.

HOW to protect yourself:

Some hygiene measures are essential:

- Wash hands regularly. They transport the virus most of the time, from infected surface to our mouth. For example:
  - Phone
  - Pencils
  - Toys
  - Kitchen utensils
  - Baby bottle and nipples
- If you cough and sneeze: Always use hygienic paper (Kleenex) and throw it out right away in a proper place. When we cough, we may spread the virus over surfaces.
- If you go to the clinic with fever and a cough, ask for a mask and soap to wash your hands. This will reduce the risk of transmitting the virus to other sick people in the clinic.

Remember:

HAVING THE FLU SHOT IS THE MOST EFFECTIVE WAY OF ENSURING YOU DON'T GET or TRANSMIT THE FLU (INFLUENZA)

The annual campaign of vaccinations against influenza will start at the end of October. Young children will need two shots if it is the first time they receive this kind of vaccination.

Ask nurses and community health workers (CHR) in your clinic for more information.

Have a nice and healthy winter.

Louise Pedneault
Program Officer,
Immunization and Genetic Counselling

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The Cree Board of Health & Social Services of James Bay

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COMMISSION SCOLAIRE HARRICANA

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Le Centre de formation Harricana offre le programme foresterie.

Ce domaine de formation te permettra de travailler à l'exploitation d'une des principales richesses naturelles du Québec. Être débrouillard, aimer la nature et être habile de ses mains sont des atouts pour œuvrer dans ce secteur. La foresterie comporte de nombreux défis à relever pour les années à venir, ce qui offre des occasions favorables aux diplômés de ce secteur.

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Training in this field will enable you to work at the exploitation of one of the main natural resources of Quebec. To be resourceful, to like nature and to be manually skilled are advantages for working in this industry. The forestry industry will provide many challenges in the upcoming years, offering favourable opportunities to the graduates of this program.

Please note that this course is offered only in French. We can, however, offer this course in English to a group of people.

Pour de plus amples renseignements, consulte notre site Internet au: http://cfh.csharricana.qc.ca ou téléphone au (819) 732-3223.

For more information, consult our Web Site at: http://cfh.csharricana.qc.ca or call (819) 732-3223.

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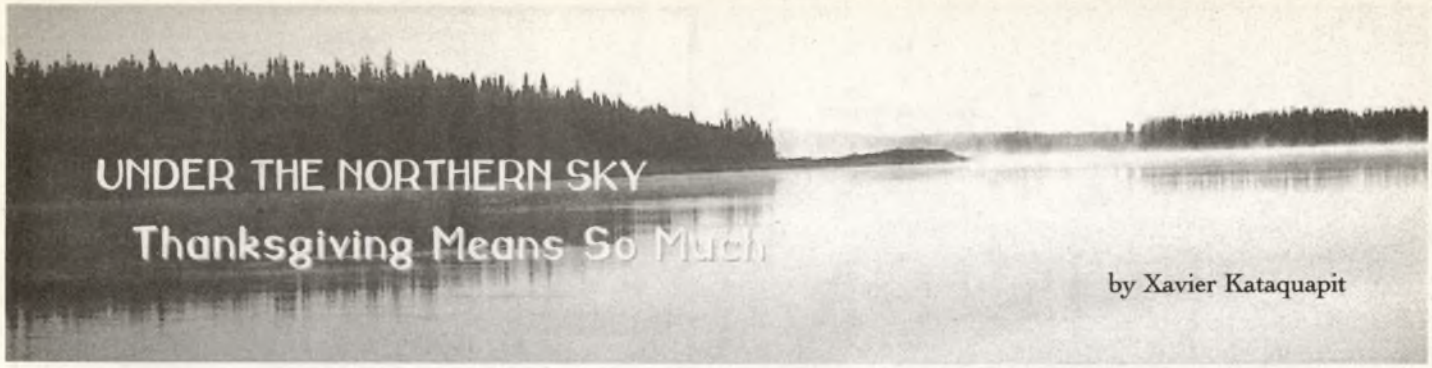

UNDER THE NORTHERN SKY

Thanksgiving Means So Much

by Xavier Kataquapit

Thanksgiving was just another holiday for my family up north. When you live in a small, remote First Nation community, every day is an occasion to meet family. It is comforting to know that family is close by and that there is never a great need to bring people together. People have lots of opportunity to see each other daily during the year on walks around town, while shopping at the store or just by visiting a nearby neighbour.

I don't think that very many people realize that there is an origin to Thanksgiving Day. I know that when I was growing up, Thanksgiving was just another holiday on the calendar, like Christmas or Halloween. I never gave the Thanksgiving holiday a second thought. When I was a young boy it was just a name for a day of the year that did not have much meaning to me or others around me. It was only recently that I learned about the history and meaning of the Thanksgiving holiday.

The annual holiday is a traditional gathering in European cultures to celebrate the autumn harvest. Centuries ago, local farms were the main source of food for many cities and regions in Europe, so this annual celebration was important as a way of giving thanks for all the food that was harvested for the year. European travellers and explorers brought this tradition with them when they arrived in North America. The first recorded instance of a feast in the autumn was marked in Newfoundland during the expeditions of Martin Frobisher in the 1500s. This was a feast related to the traditional holidays marking the annual harvest in Europe. After this initial event in the New World, Thanksgiving holidays were held sporadically every year and at different times of the fall season. The traditional North American Thanksgiving holiday was made popular by the traditions of the early settlers in the United States who held a day of Thanksgiving for their harvest and health at the end of the year. These early events were held with local First Nation people who took part in the feast.

In this day and age, I think there is all the more reason to be thankful. It was not too long ago that a generation before me, my people had to live a very difficult life in order to survive. My parents' and my grandparents' generation led a nomadic lifestyle that followed the birds, animals and fish throughout the land. This was a difficult task and it was made even harder by the reality that the food supply fluctuated from year to year in periods of feast and famine. My parents reminded us often whenever we sat at the dinner table that eating a good meal was a luxury. When you think about it, a regular meal is still considered a luxury in many parts of the world. Many people are actually starving.

We have so many things to be thankful for. Transportation was such a difficult task for my people just a few decades ago. If you were considered wealthy and hard working, you might have had a dog team that could carry supplies over great distances. If you were less fortunate, you had to walk or snowshoe to get anywhere during the year. Even the materials that were used back then came from the land. All the wood for the sleds, snowshoes, canoes and all the bindings, ropes and parts that held these together came from the land or from the animals that were harvested. Now an outboard motor can carry a large 24-foot freighter canoe hundreds of kilometers in a matter of hours instead of days. A snowmobile can do the same and a car or truck on the winter road can do all this in great comfort.

Modern communications have also made life easier for all of us. We can find out anything about everything through the internet and the speed of communication is only getting faster. We can watch events taking place in any part of the world in the comfort of our home. Just fifty years ago, my people had little or no communication to the outside world. The only contact my people had were second hand accounts of a civilization to the south or through the squeaking static of a radio broadcast from Toronto or Chicago.

All these great things that have made our lives easier have also brought with them other troubles. In many ways we have neglected mother earth and that is now coming back to haunt us. There are also problems with addictions and substance abuse. I have had my share of troubles with addictions but I am grateful to have been able to find sobriety. I have to constantly remind myself that sobriety is one of the greatest things I can be grateful for. Without sobriety I would not be able to enjoy any of the other things I am thankful for and that includes being able to write this for you today. So thanks too for reading. Meegwetch.

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CLASSIFIEDS

BIRTHS – 100

I would like to congratulate my homie momma"T".she had a baby girl on September 7, Nevaeh Wapachee... I know it's hard and I hope u'll continue ur skool. we want u to finish it b-cuz u gonna have a hard timing in next few years...well good luck stay in skool luv ya fr: all of us (girlz)...no time for boyz...lol

BIRTHDAYS – 101

I would love to say Happy 1st Birthday to my adorable, most precious cousin Julianna Angel Rose on September 23, 2005. I am sorry I can't come down, I got too many assignments to do. I miss you so much, especially when you smile! I felt bad that I couldn't come and see you, all the way to Chisasibi on your "Walking out Ceremony", but always remember that I'm thinking of you

everysingleday like you are my own*...my shinning star..xoxox Hugs & Kisses from Andrea. Juliet, when are you guys coming to visit in Ottawa?..miss you guys!

Happy 7th Birthday to my niece Abigail Iserhoff on Sept.21 and Happy 3rd Birthday to Lester Etapp (Mr Bean)on October 3. Once again happy birthday and I love you both,Bella (Mist).

Happy Birthday going out to my friend Miss Valentenia Mark a.k.a Balen, on Sept. 26/05. Hope u have a great day and many more to come! Wow an yr older, huh! make it a special one, like you! Take care my friend. Hope 2 see u soon! from ur friend in Sudbury, ON. Oh yeah and to Rhonda Mark as well" Happy belated birthday" better late then never!

Happy first aniversary to Ira and Jessicah Gunner on October 9th. May you have many more and that the creator richly bless you as you continue on your journey in life. Aaron, Mom and Dad.

I would like to say happy belated birthday to my homies kim kitchen on sept 5th,to mario gull-diamond on the 14, to my buddy tom-tom ottereyes on the 15th, cheyenne gull on the 16th, jacqueline icebound on the i for-got...sorry...,to marjolo on the 25th and my mother bestest friend maggie etapp-saganash on the 26th. happy birthdays y'all so i'll c ya around...oh ya i almost forgot myself. well anyways happy belated birthdays luv a lata!!! Caroline

We want to wish our handsome little chap Khayden- Carter Dick a happy first birthday. His birthday is on october 17,2005. It seems like yesterday we held you in our arms for the first time. Time goes by so fast. Maybe because we have so much fun spending time with you. We can't wait to see you blow out your first candle. We love you sooo much. Love always mommy & daddy. (Whap).

We would like to wish a Happy Birthday to Charles House and Sarah Bearskin both share the same birthday on October 6, 2005 and to Danny Wadden also on the same day. Hope you guys enjoy your birthdays, because it's your day. Once again, Happy Birthday and many more! With Love: Lisa, Dylan and Amanda House. (chis)

I would like to wish my nephew/cousin Davey House a Happy 13th Birthday on October 19, 2005. Enjoy your teenage years boy, We love you. Love always: Your Aunt, Lisa and Cousins, Dylan and Amanda. (Chis)

Sending birthday wishes to my friend Helen Bobbish on October 26, 2005. Happy Birthday and many more to come! Oh yea, she will also be graduating from E.N.C.S.(Educators in Native Childcare Services) on October 28, 2005. Congradulations!! in accomplishing your goals, I know at times it was hard for you but you made it through all that. Once again! Congratulations in your achievement. Your Friend: Lisa (Chis).

This special birthday wish is going out to My Sweet & Precious Daugher Geneva Matthew. Her birthday is on October 17. May your day be as special and you are. JeT'aime Toujours! Mama. Matcha

Sending a birthday wish to my daddy on October 11th, 2005. Happy Birthday Daddy & many more birthdays to come. Love from your son Denzel Berryman.

I would like to wish a "HAPPY BIRTHDAY" to someone very special in my life from Eastmain, whose birthday is on October 6. My "Babes", today is special in every way! I'm so glad you came into my life because you turned my world around. You were my friend, even when I was at my worst. You showed me that I could stand tall and face life's challenges no matter how big or scary it all could be...You believed in me. As I walk through life with you, we have been thru so much, many trials and tribulations. I could honestly say that it was not easy! BUT I would also like to thank you for your sense of humor-So many times you have lifted my spirits high. Thank you for allowing me to be myself around you-It lets me know you truly care about me. Thank you for your strong embrace-The world around me seems to disappear when I'm in your arms. Thank you for coming into my life and changing it for the better. My love for you grows every day! If I ever lost you, I don't know what I'd do. I love you with all of my heart and soul...Happy Birthday and Many happy returns. From Angie (Eastmain).

We would like to wish Happy Birthday to our daughter Jeannie Petagumskum on October 12 and to our son Randy Kawapit on September 9 and many more to come. Please take good care of yourselves. Love Always, Mom & Dad (Whap).

I want to wish Happy belated birthday to my nephew, whom I love as my baby boy, KEVIN LYLE NICKOLAS GORDIE MOSES (October 1st) in Waskaganish. I hope you had fun on your birthday, I'm glad to see you celebrate your 7th birthday, it doesn't seem that long ago you celebrated your 1st birthday. You are growing up too fast, I miss your chubby cheeks and your baby face. I will always love you, you hold a very special place in my heart and without you I don't know if i can face another day. You are the joy of my life, you bring laughter to my heart and soul. I'm happy God blessed me with such a lovable nephew,

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whom i can also love as my baby boy. with all my love your auntie and 2nd mommy Barbs (Wask).

I want to wish a Happy belated 2nd birthday to my angel, my grandneice KYRA BEKI ANGELIE BLUEBOY (October 3rd). She celebrated her birthday in Ottawa. I hope you had fun on your birthday, hope mommy let you eat your cake, lots of it....LOL. I miss you and love you so much my angel. Tell mommy to take good care of you, even though I know she does. I wish I was there to see you blow out your two candles. Thinking of you on your special day.again. HAPPY

BIRTHDAY AND I LOVE YOU SOOOO MUCH. With all my love your grandauntie Barbs (Wask).

Happy Birthday to my Wonderful Mother FRANCES MOSES! Who celebrated her birthday on October 2nd, 2005. I hope you enjoyed your birthday Momma! Love Always, your son Luke Jr. (Moose Factory).

I wanna wish happy birthday to my nieces MARINA JACOB (Oct 8), BAILEY HESTER (Oct 15). hope you'll have fun on your birthdays and hope you get want you wished for.....I love you girls. and HAPPY BIRTHDAY AND MANY MORE TO COME with love ur auntie BARBS (Wask).

Special birthday wish going out to my beatiful twin nieces. JOCELYN TUESDAY & BETTY SONYA BLUEBOY (october 18)...hey Joce, I was happy when i saw you in dixville this spring. it was such i long time since i saw you, but when it was time to go. i hard a really hard time letting you go. but i later realized that you are in good hands and got a really nice place to live.

Betty...I'm so proud to see you still in college, keep up the good work. Still i wish i was there with you in ottawa, with you and my little angel Kyra. again Happy birthday girls. hope you'll have fun on your special day. i wish i was there to celebrate with you. I miss you both Joce & Betty. Hope

to see you both soon again. Love you both, though you both are far, you're always near in my heart. With all my love, Your auntie Barbs (Wask).

Happy birthday to my sister FLORIA HESTER (Oct 21st). Hope you wished for something good. how ol are you now..16? LOL. Even though we have our share of arguments I still love love. Again Happy birthday and many more to come. from your sis Barbs (Wask).

HAPPY 13th birthday on October 4th to Jake Turner in Thunder Bay, Ontario. We are all

very proud of you, you have become a responsible, caring and very humourous young man. Love coming from Dad, Lillian, Jordan, Vanessa, Alex, Jaimee, Kaylynn,Trey, Bailey and from the rest of the family. Enjoy your day!

Birthday wishes going out to my sisters, Pamela Petagumskum on Oct. 5th, and my baby sister, angela Petagumskum on Oct. 29th. Wish you both a Happy Birthday and many more to come. Luv Ya's! From your sister, J. Mamianskum (Whapmagoostui).

A very special birthday going out to my son Adam-Felix Masty Shem on October 7th, 2005. I wish you a Happy Birthday and many, many, more to come. I love you so much & I really miss you. Hope you'll enjoy your special day in Ottawa. From Jeannie Mam (Whapmagoostui).

Birthday Wishes going out to my cousin Stephanie Rupert on Oct. 8th, and Allan Snowboy on Oct. 15th, 2005. Wish you both a Happy Birthday and many more to come. Drinks on me when you both go out to celebrate. Have fun! From J. Mamianskum (Whapmagoostui).

Kyrian Rupert is having his 2nd birthday on October 27th, 2005. We want to wish him a Happy Birthday and many, many more to come. Lots of kisses for your white cheeks. From: aunties, A. Petagumskum, P. Petagumskum, and J. Mamianskum.

ANNIVERSARIES – 103

Wishing a Happy 28th Wedding Anniversary to our loving parents/grandparents, Stanley & Doreen Shashaweskum on September 21st, 2005. We miss and love so very much. From Diana, Sabrina & Faith XoXoXoX.

I would like to wish a Happy Belated 29th Anniversary to Mr. and Mrs. Matthew Coon Come. 29 years ago on September 17 you made a sacred vow to each other and here you are today. Blessed with wonderful children... maybe soon grandchildren!! Sending lots of love to you and your family. From a family friend in Nemaska.

I would like to wish a happy 22nd anniversary to the one who always makes me laugh, my Auntie Lynn & her husband Joey Whiskeychan, on the 14th of October. May your love grow strong each and every day. Also, I want to congratulate you both on your safe arrival of your baby girl, Rosanna Annie, on May 28, 2005. Congratulations on your precious gift.from your niece, Mindy from Wask.

PUBLIC SERVICE ANNOUNCEMENTS – 400

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